



My Good Day Plan

Good Day

Now

Action

Support

What happens on a Good Day?

- ❖ Breakfast at home
- ❖ Listen to music in shower
- ❖ Sitting alone on bus/stare out window
- ❖ Have all materials
- ❖ Positive contact with principals
- ❖ Have my water/drink mixes & good lunch
- ❖ To avoid people I don't get along with

Does it happen now?

- ❖ Once in a blue moon
- ❖ always
- ❖ Sometimes
- ❖ Almost always
- ❖ Just about every day
- ❖ Half the time
- ❖ Sometimes

What needs to happen to make it a Good Day?

- ❖ Ask for & save breakfast foods
- ❖ Same
- ❖ Get a one person seat
- ❖ Get all things together the night before
- ❖ See one every day
- ❖ Get water the night before and eat something I like
- ❖ Not get near them

Who can help me?

- ❖ Grandma
- ❖ Me
- ❖ Me/bus driver
- ❖ Me/Grandma
- ❖ Me/Principal
- ❖ Me/ Grandma
- ❖ Ms. Greenfield